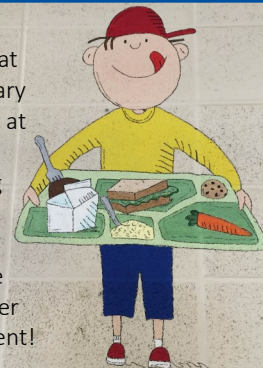


Healthy Schools Healthy Students

Fun wall painting at elementary buildings at Grinnell-Newberg CSD! A teacher associate shared her artist talent!



Spiderman Relaxation

Here is a [Spider-Man Script](#) for you to try out with your children or students to practice mindfulness, increase focus, and have a little relaxing fun!



I hope your school took advantage of this beautiful Iowa day with either a Walk to School activity or a Healthiest State Walk at the Whistle event! Little things like this can really send a positive message to students & staff. Be Well! Carrie



National School Lunch Week

October 12-16th is National School Lunch week (NSLW), a time to celebrate the benefits of healthy school lunches! The theme this year is "School Lunch Snapshot" and is all about social sharing to promote the school lunch program! Social media sites are great platforms to reach parents. Consider some of these ideas to promote your celebration on-line:

- Add the NSLW web banners to the school's website.
- Post photos of lunch trays that include a reimbursable meal. Make sure to take high quality photos. Taking photos of trays near a window that provides natural light can provide the best results.
- In captions of tray photos, highlight healthy components that will appeal to parents - fresh fruit and veggies, whole grains and low-fat or fat-free milk. Don't forget the hashtag #NSLW with all your posts!
- Create a bulletin board with pictures of food service staff with short bios, including their favorite foods.
- Take photos of students enjoying school lunch! Check with your district on photo release requirements.

For additional ideas,
[click here.](#)



National Farm to School Month

October is Farm to School Month and Iowa Department of Agriculture and Land Stewardship wants to celebrate Iowa food, those growing it and those enjoying it! They are asking for schools to share their activities throughout the month with the following themes. There will be prizes! *Only submit photos that can be posted on Facebook.*

- October 1-9: Share your favorite Farm to School Pics
- October 10-16: Share your favorite local foods recipes
- October 17-23: Invite/visit a local grower (share pics)
- October 24-30: Create your own F2S Video

For more information [click here.](#)

Please e-mail photos and recipes to Tammy at tammy.stotts@iowaagriculture.gov

Midwest Great Apple Crunch!

Schools across the Midwest are encouraged to participate in the Midwest Great Apple Crunch on **October 22nd**, a day to celebrate local foods and those growing it by taking a bite out of a locally grown apple during the event.

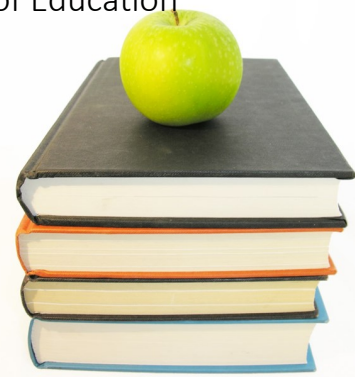


Classrooms participating can register [at this link.](#)

School Wellness Conference

Schools can create environments that support healthy eating and physical activity by implementing policies and practices and providing opportunities for students to learn about and practice these behaviors. On Thursday, November 12th Iowa Department of Education along with partnering organizations will be holding a school wellness training at Iowa State University for school teams that will include the following learning opportunities:

- School Wellness and Academic Achievement: Dr. Greg Welk, Iowa State University
- School Wellness Policy Requirements: Carrie Scheidel & Patti Delger, Iowa Dept. of Education
- School Health Guidelines: Melissa Walker, Iowa Department of Education
- SWITCH Program, Iowa State University
- Shared Use Agreements and Safe Routes to School: Stacy Frelund, American Heart Association



Deadline to register: November 5th. Substitute teacher and mileage reimbursement (\$0.39/mile) will be available. Lunch will be provided. For more information [click here](#) or contact Carrie at carrie.scheidel@iowa.gov.

Action for Healthy Kids Webinars

Parents for Healthy Schools

Thursday, Oct 8th from 12:00-1:00

Will provide an overview of CDC's *Parents for Healthy Schools* resources, designed for school groups (e.g., PTA/PTO, school wellness committee) to use to engage parents in helping schools create a healthy school environment for students with a focus on nutrition environment and services, physical activity & managing chronic conditions. [Click here](#)

Having Fun with Healthy Classroom Parties

Wednesday, Oct 14th from 3:00-3:30

Learn more about having fun with healthy classroom parties along with ideas and resources for parents, teachers, and students to incorporate as part of any classroom celebration. [Click here](#)



Fuel Up to Play 60 Funds!

The online application for Fuel Up to Play 60 funding is now available! Each school enrolled in the Fuel Up to Play 60 Program is eligible for up to \$4000 to help with their wellness initiatives. The competitive funding program is designed to support schools that implement plays from the 2015-16 Fuel Up to Play 60 Playbook: Farm to School, In-Class Physical Activity Breaks, and more! Whether you are just starting out with Fuel Up to Play 60, or looking to expand and extend an initiative that's already in motion, this funding opportunity can help! The deadline to apply is Nov. 4th! To learn more [click here](#) or contact Jen at jransom@midwestairy.com.



Lawton-Bronson Highlight!

The September issue included a picture of food art using apples to make an owl. The purpose was to make readers smile, Lawton-Bronson however took it one step further and turned it into a nutrition education lesson that included a discussion of where food comes from! Thank you Mary Siepker for sharing!



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[Healthy Classroom Parties Webinar](#)